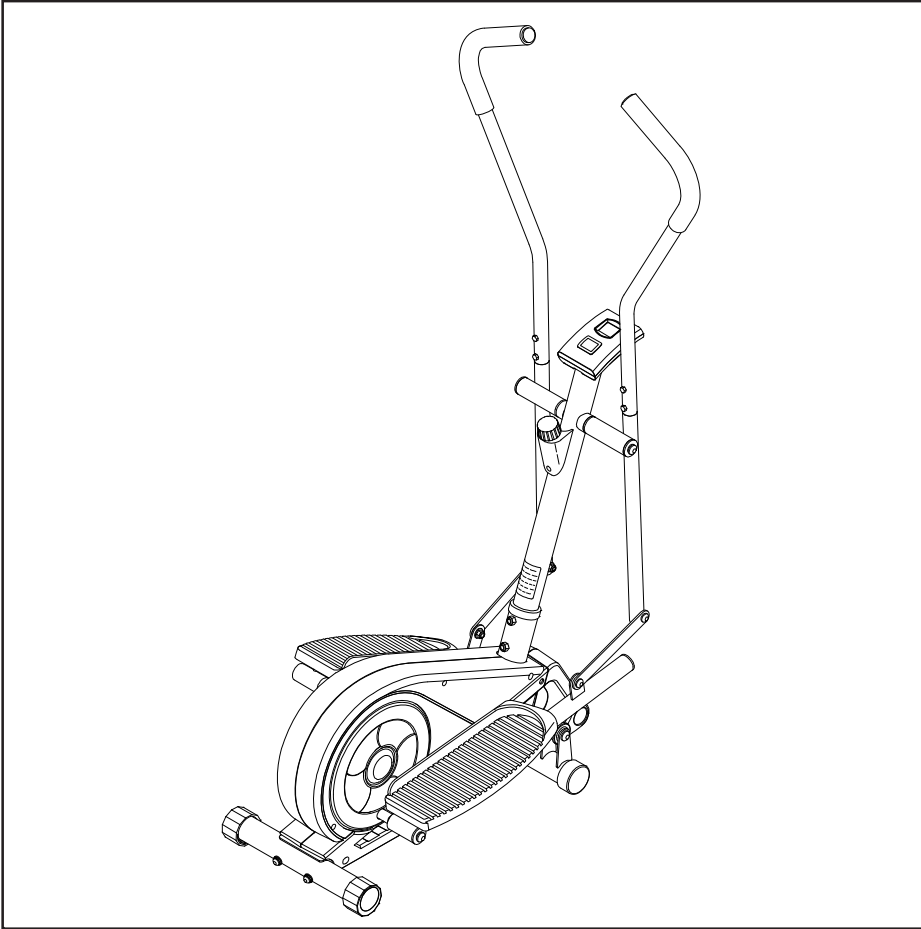


Stamina
PRODUCTS, INC.

Space MATE[®] E300

Dual-Action Elliptical Trainer

Owner's Manual



CAUTION:

Weight on this product should not exceed 250 lbs.

⚠ WARNING ⚠

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number.

55-1630
STAMINA PRODUCTS
MADE IN CHINA

Product May Vary Slightly
From Pictured.

This Product is Produced Exclusively by

Stamina
PRODUCTS, INC.

2040 N. Alliance, Springfield, MO 65803
Customer Service Number
1 (800) 375-7520
www.staminaproducts.com

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the SpaceMate® E300 Dual-Action Elliptical Trainer.

1. Read all warnings posted on the **SpaceMate® E300**.
2. Read this owner's/user's manual and follow it carefully before using the **SpaceMate® E300**.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **SpaceMate® E300**. Do not allow children to use or play on the **SpaceMate® E300**. Keep children and pets away from the **SpaceMate® E300** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **SpaceMate® E300** on a solid level surface. Do not position the **SpaceMate® E300** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **SpaceMate® E300**.
8. Inspect the **SpaceMate® E300** for worn or loose components prior to use.
9. Tighten/replace any loose or worn components prior to using the **SpaceMate® E300**.
10. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
11. Follow your physician's recommendations in developing your own personal fitness program.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **SpaceMate® E300**.
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **SpaceMate® E300**, loss of balance may result in a fall and serious bodily injury.
16. Keep both feet firmly and securely on the pedal caps while exercising.
17. The **SpaceMate® E300** should not be used by persons weighing over 250 pounds.
18. The **SpaceMate® E300** should be used by only one person at a time.
19. The **SpaceMate® E300** is for consumer use only. It is not for use in public or semipublic facilities.
20. Use two people to move the **SpaceMate® E300**.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST



Customer Service Number

1(800) 375-7520

**THANK YOU FOR PURCHASING THE
SpaceMate® E300 Dual-Action Elliptical Trainer**

To help you get started, we have pre-assembled most of your SpaceMate® E300 at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts you will be getting your body into shape and on your way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520

Monday - Thursday, 7:30 A.M. - 5:00 P.M. Central Time.

Friday, 8:00 A.M. - 3:00 P.M., Central Time.



TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE
CUSTOMER SERVICE
parts@staminaproducts.com
cust-srvc@staminaproducts.com
www.staminaproducts.com



MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the **SpaceMate® E300**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **SpaceMate® E300** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

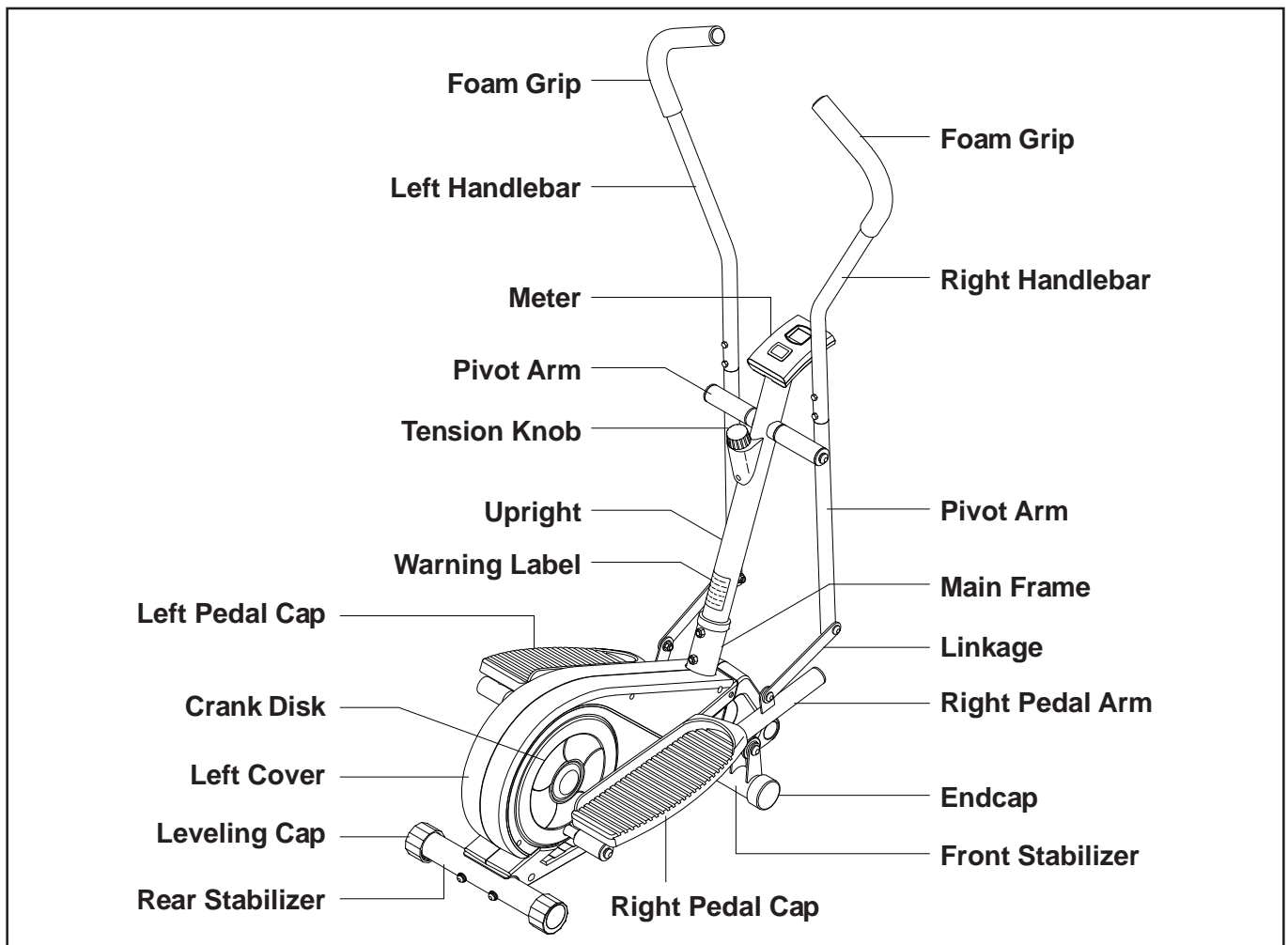
Read this manual carefully before using the **SpaceMate® E300**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **SpaceMate® E300**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOL IS INCLUDED FOR ASSEMBLY :



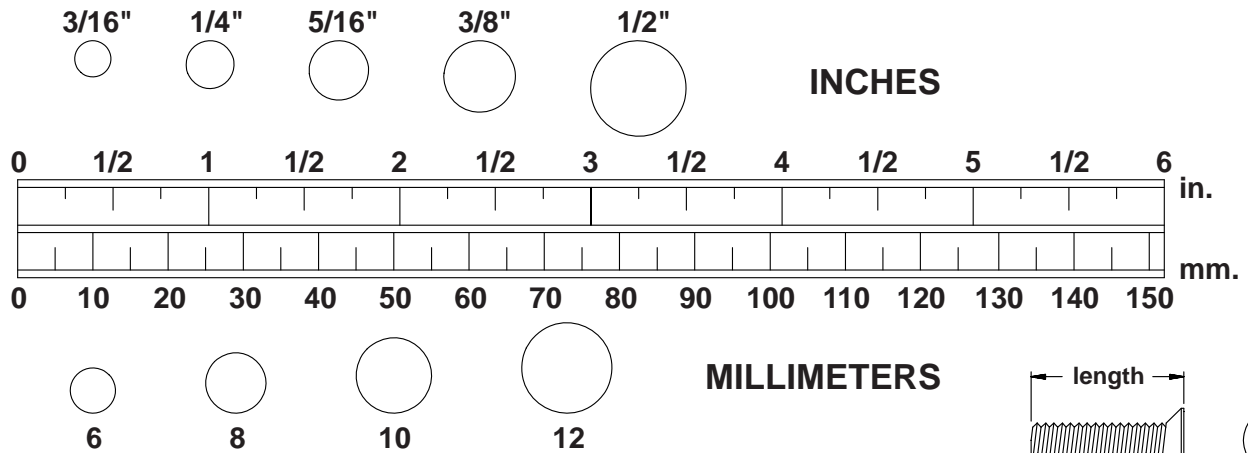
Wrench



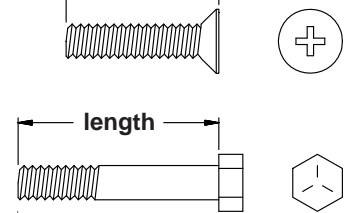
Allen Wrench (6mm)

HARDWARE IDENTIFICATION CHART

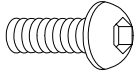
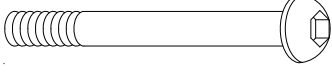

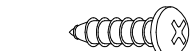
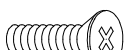


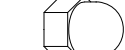





This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

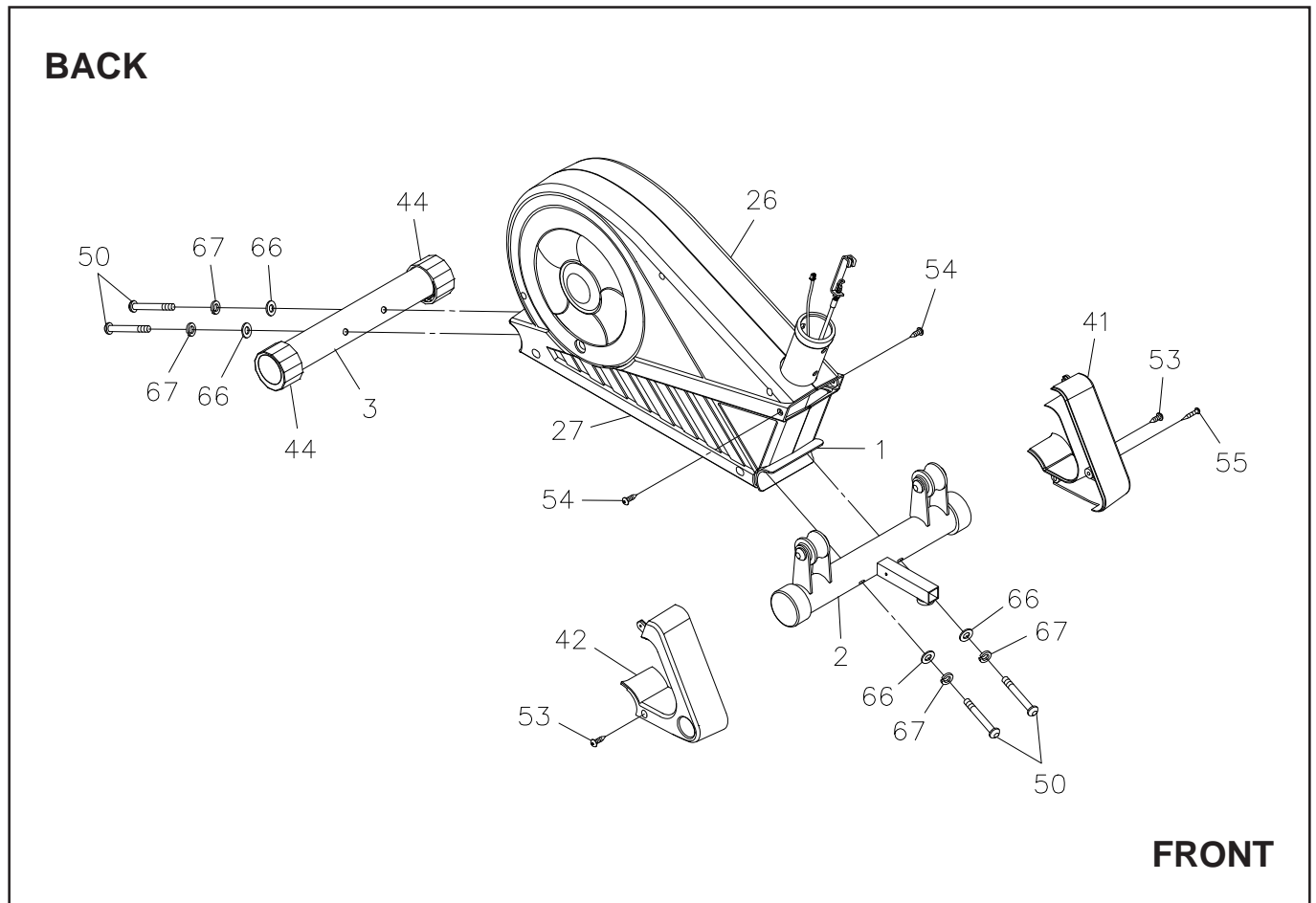


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

| | Part No. and Description | Qty |
|---|---|-----|
|  | 75 Bolt, Button Head (M8 x 1.25 x 18mm) | 2 |
|  | 49 Bolt, Button Head (M8 x 1.25 x 57mm) | 2 |
|  | 50 Bolt, Button Head (M8 x 1.25 x 60mm) | 4 |
|  | 52 Bolt, Round Head (M6 x 1 x 43mm) | 4 |
|  | 53 Screw, Round Head (M4 x 12mm) | 2 |
|  | 54 Screw, Round Head (M4 x 15mm) | 2 |
|  | 55 Screw, Round Head (M4 x 25mm) | 1 |
|  | 59 Screw, Flat Head (M5 x 0.8 x 15mm) | 1 |
|  | 74 Bolt, Hex Head (M6 x 1 x 35mm) | 4 |
|  | 62 Nylock Nut (M8 x 1.25) | 4 |
|  | 73 Acorn Nut (M6 x 1) | 4 |
|  | 66 Arc Washer (M8) | 6 |
|  | 71 Arc Washer (M6) | 4 |
| | 67 Lock Washer (M8) | 4 |
| | 72 Lock Washer (M6) | 4 |
| | 69 Plastic Washer (M8) | 2 |
| | 70 Washer (M8) | 2 |

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1 (800) 375-7520** or e-mail us at: **parts@staminaproducts.com**



STEP 1

Attach the **FRONT STABILIZER(2)** onto the **MAIN FRAME(1)** with **ARC WASHERS(M8)(66)**, **LOCK WASHERS(M8)(67)**, and **BUTTON HEAD BOLTS(M8x1.25x60mm)(50)**.

STEP 2

Attach the **REAR STABILIZER(3)** onto the **MAIN FRAME(1)** with **ARC WASHERS(M8)(66)**, **LOCK WASHERS(M8)(67)**, and **BUTTON HEAD BOLTS(M8x1.25x60mm)(50)**.

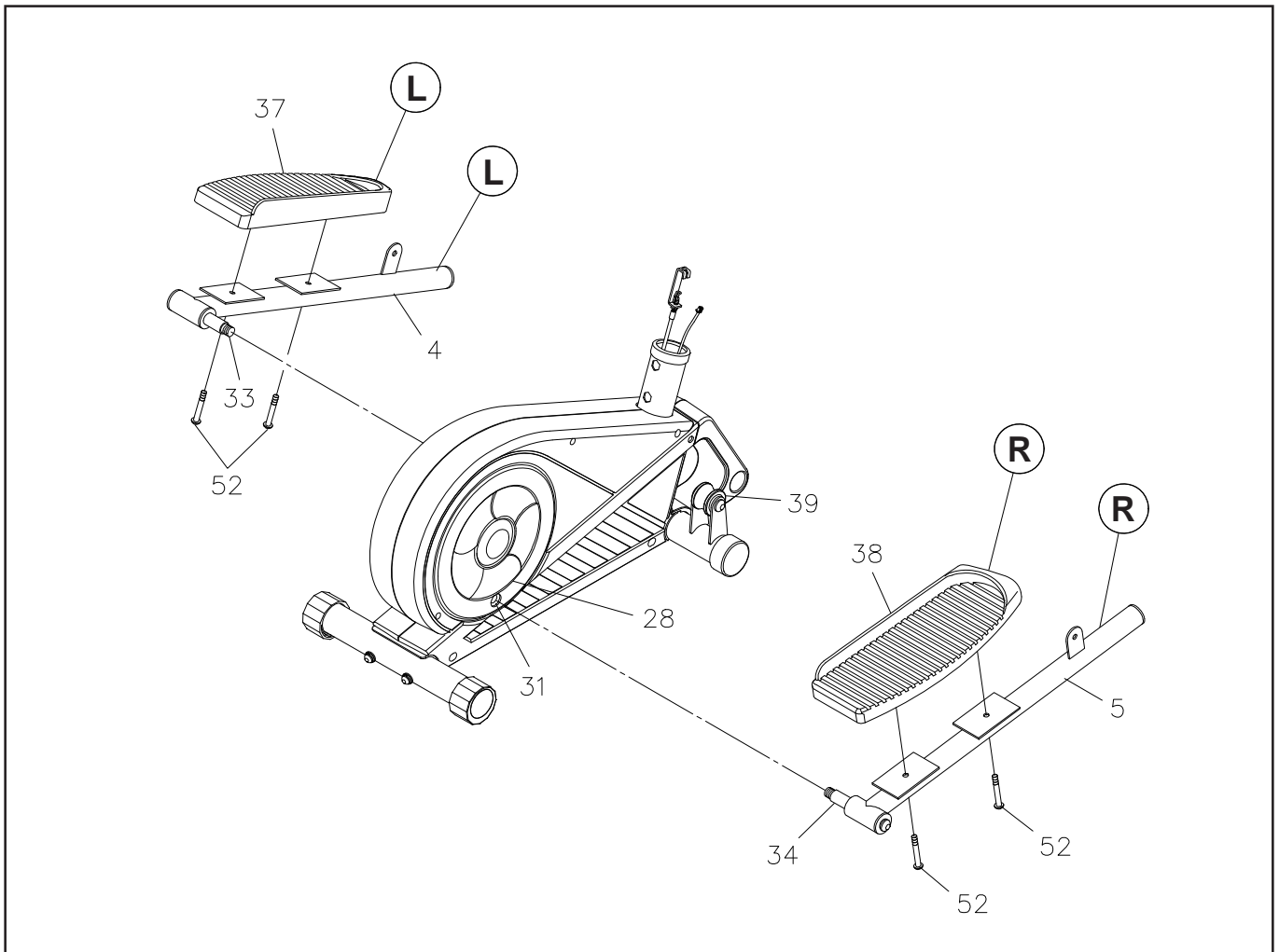
NOTE: You can adjust the **LEVELING CAPS(44)** on the **REAR STABILIZER(3)** to keep the **SpaceMate® E300** stable.

STEP 3

NOTE: Do not tighten all the screws during assembly until all of them are set in position.

Attach the **RIGHT NOSE COVER(42)** to the **RIGHT COVER(27)** with **ROUND HEAD SCREW(M4x15mm)(54)**. Attach the **RIGHT NOSE COVER(42)** to the **FRONT STABILIZER(2)** with **ROUND HEAD SCREW(M4x12mm)(53)**. Do the same to assemble the **LEFT NOSE COVER(41)**. Bolt the **LEFT NOSE COVER(41)** and **RIGHT NOSE COVER(42)** together with **SCREW(M4x25mm)(55)**. Tighten all screws.

ASSEMBLY INSTRUCTIONS



STEP 4

NOTE: 1. There is an "L" decal on the **LEFT PEDAL ARM(4)**, and an "R" decal on the **RIGHT PEDAL ARM(5)**.

2. The **RIGHT PEDAL SHAFT(34)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL SHAFT(33)** has left hand threads and is tightened by turning counter clockwise.

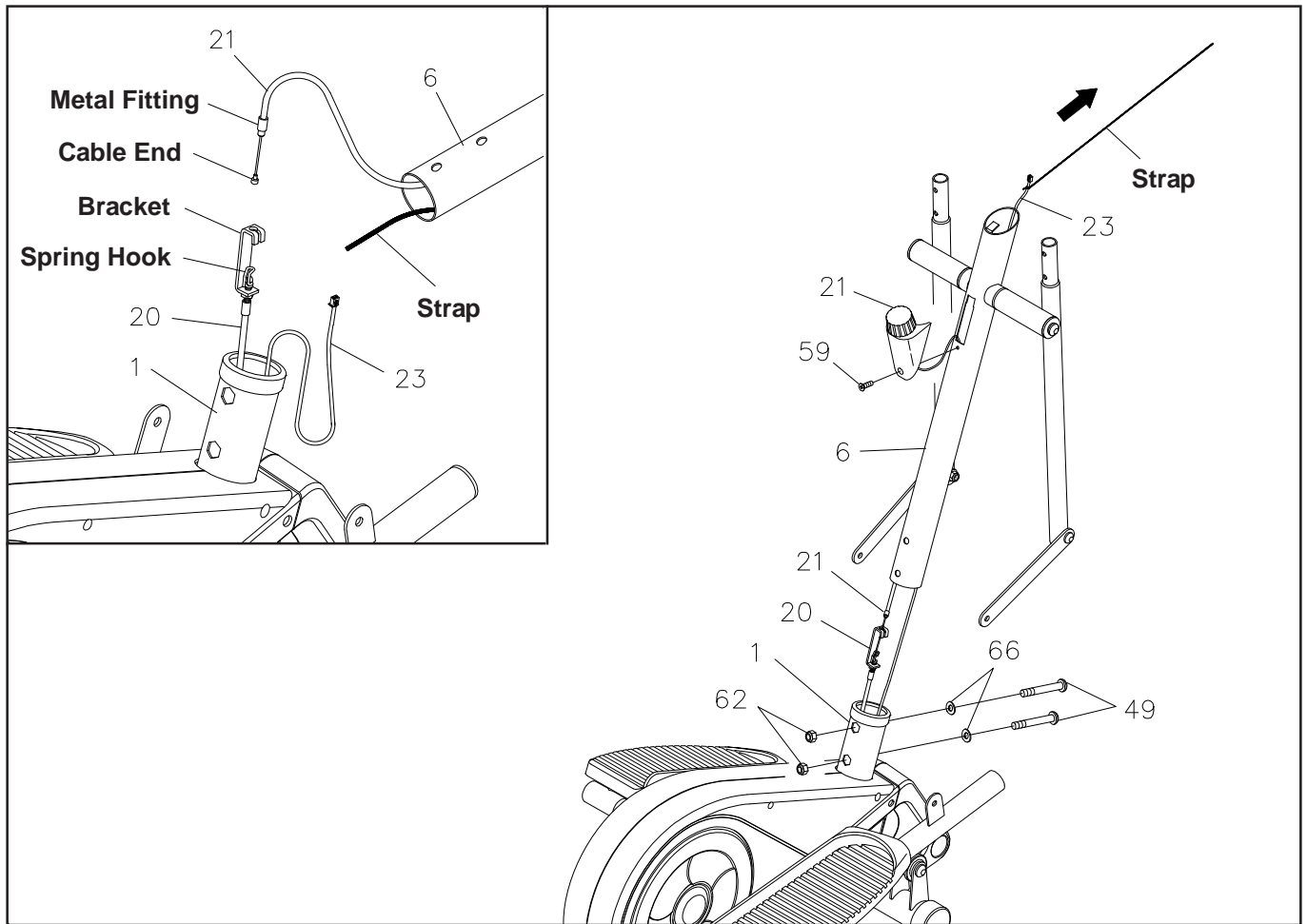
Place the front end of the **RIGHT PEDAL ARM(5)** on the **ROLLER(39)**. Connect the back end of the **RIGHT PEDAL ARM(5)** to the **RIGHT CRANK(31)** located inside the **CRANK DISK(28)** as shown. Thread the **RIGHT PEDAL SHAFT(34)** into the **RIGHT CRANK(31)** and tighten securely. Repeat on the left side.

STEP 5

There is an "L" decal on the **LEFT PEDAL CAP(37)**, and an "R" decal on the **RIGHT PEDAL CAP(38)**. Attach the **RIGHT PEDAL CAP(38)** to the **RIGHT PEDAL ARM(5)** with **ROUND HEAD BOLTS (M6x1x43mm)(52)**. Repeat on the left side.

NOTE: The **LEFT** and **RIGHT PEDAL CAPS(37, 38)** have a raised lip on two sides. Attach the **LEFT** and **RIGHT PEDAL CAPS(37, 38)** to the **LEFT** and **RIGHT PEDAL ARMS(4, 5)** so the raised lip is on the front and the inner side.

ASSEMBLY INSTRUCTIONS



STEP 6: Refer to the illustration. Slide the **CABLE** on the **TENSION KNOB(21)** through the **UPRIGHT(6)**. Attach the **TENSION KNOB(21)** onto the **UPRIGHT(6)** with **FLAT HEAD SCREW(M5x0.8x15mm)(59)**.

STEP 7: Refer to the inset drawing. Lay the **UPRIGHT(6)** on the floor close to the front of the **MAIN FRAME(1)**. Turn the **TENSION KNOB(21)** on the **UPRIGHT(6)** counterclockwise as far as it can go, so the cable end extends out of the metal fitting as far as possible. Connect the **CABLE END** of the **TENSION KNOB(21)** into the **SPRING HOOK** on the end of the **TENSION CABLE(20)**. Pull the **CABLE** on the **TENSION KNOB(21)** firmly and insert the cable through the slot in the bracket. Then insert the **METAL FITTING** on the end of the **CABLE** of the **TENSION KNOB(21)** into the hole at the end of the slot in the **BRACKET**. Adjust the **TENSION KNOB(21)** and verify that the **SPRING HOOK** moves when the **TENSION KNOB(21)** is adjusted.

STEP 8: There is a strap attached inside of the **UPRIGHT(6)**. This strap is to assist in pulling the **SENSOR WIRE(23)** through the **UPRIGHT(6)**. Tie the strap to the plug end of the **SENSOR WIRE(23)**. Pull the strap from the top of the **UPRIGHT(6)** until the **SENSOR WIRE(23)** is pulled through the **UPRIGHT(6)** as shown in the above illustration. The **SENSOR WIRE(23)** must extend out the top of the **UPRIGHT(6)**.

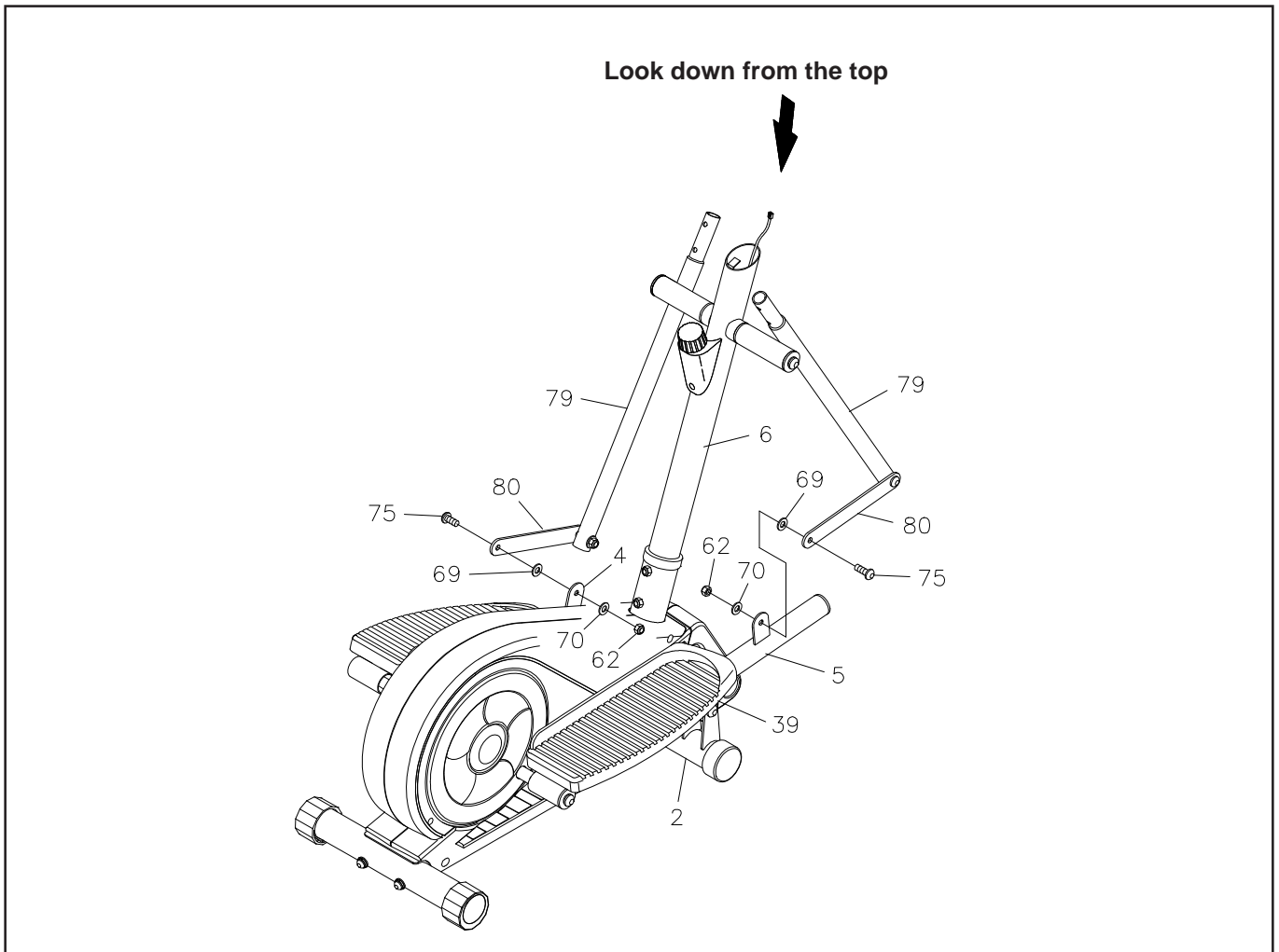
STEP 9

NOTE: 1. Make sure the **NYLOCK NUTS(M8x1.25)(62)** fit into the hex holes on the top of the **MAIN FRAME(1)** before tightening the **BUTTON HEAD BOLTS(M8x1.25x57mm)(49)**.

2. Be careful not to damage the **SENSOR WIRE(23)** when assembling the **UPRIGHT(6)**.

Insert the **UPRIGHT(6)** into the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x57mm)(49)**, **ARC WASHERS(M8)(66)**, and **NYLOCK NUTS(M8x1.25)(62)**. Do not tighten the bolts until **STEP 10**.

ASSEMBLY INSTRUCTIONS



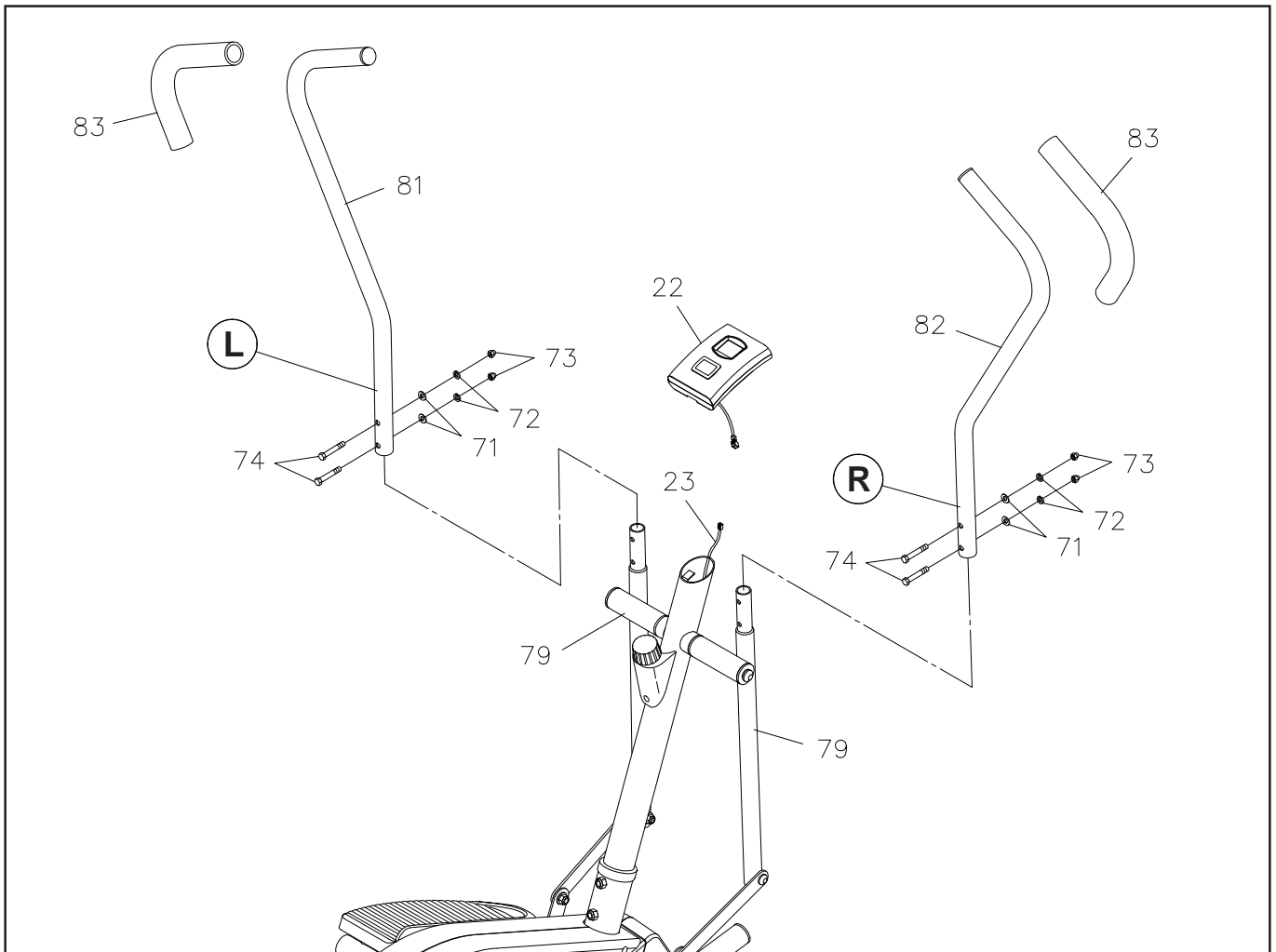
STEP 10

Attach the **LINKAGES(80)** to the **LEFT** and **RIGHT PEDAL ARMS(4, 5)** at both sides with the **PLASTIC WASHERS(M8)(69)**, **BUTTON HEAD BOLTS(M8x1.25x18mm)(75)**, **WASHERS(M8)(70)** and **NYLOCK NUTS(M8x1.25)(62)**.

STEP 11

Look down from the top of the **UPRIGHT(6)** to make sure the pivot tubes on the **PIVOT ARMS(79)** are parallel to the **FRONT STABILIZER(2)** and the **PEDAL ARMS(4, 5)** are crossing the **ROLLERS(39)** properly. Tighten the **BUTTON HEAD BOLTS(M8x1.25x57mm)(49)** on the **UPRIGHT(6)**.

ASSEMBLY INSTRUCTIONS



STEP 12

There is an "L" decal on the **LEFT HANDLEBAR(81)**, and an "R" decal on the **RIGHT HANDLEBAR(82)**. Attach the **LEFT** and **RIGHT HANDLEBARS(81, 82)** onto the **PIVOTING ARMS(79)** with **HEX BOLTS (M6 x 35mm)(74)**, **ARC WASHERS(M6)(71)**, **LOCK WASHERS(M6)(72)**, and **ACORN NUTS(M6)(73)**.

STEP 13

Lubricate the **HANDLEBARS(81, 82)** with a small amount of liquid soap, then slide the two **FOAM GRIPS(83)** onto the **HANDLEBARS(81, 82)**.

STEP 14

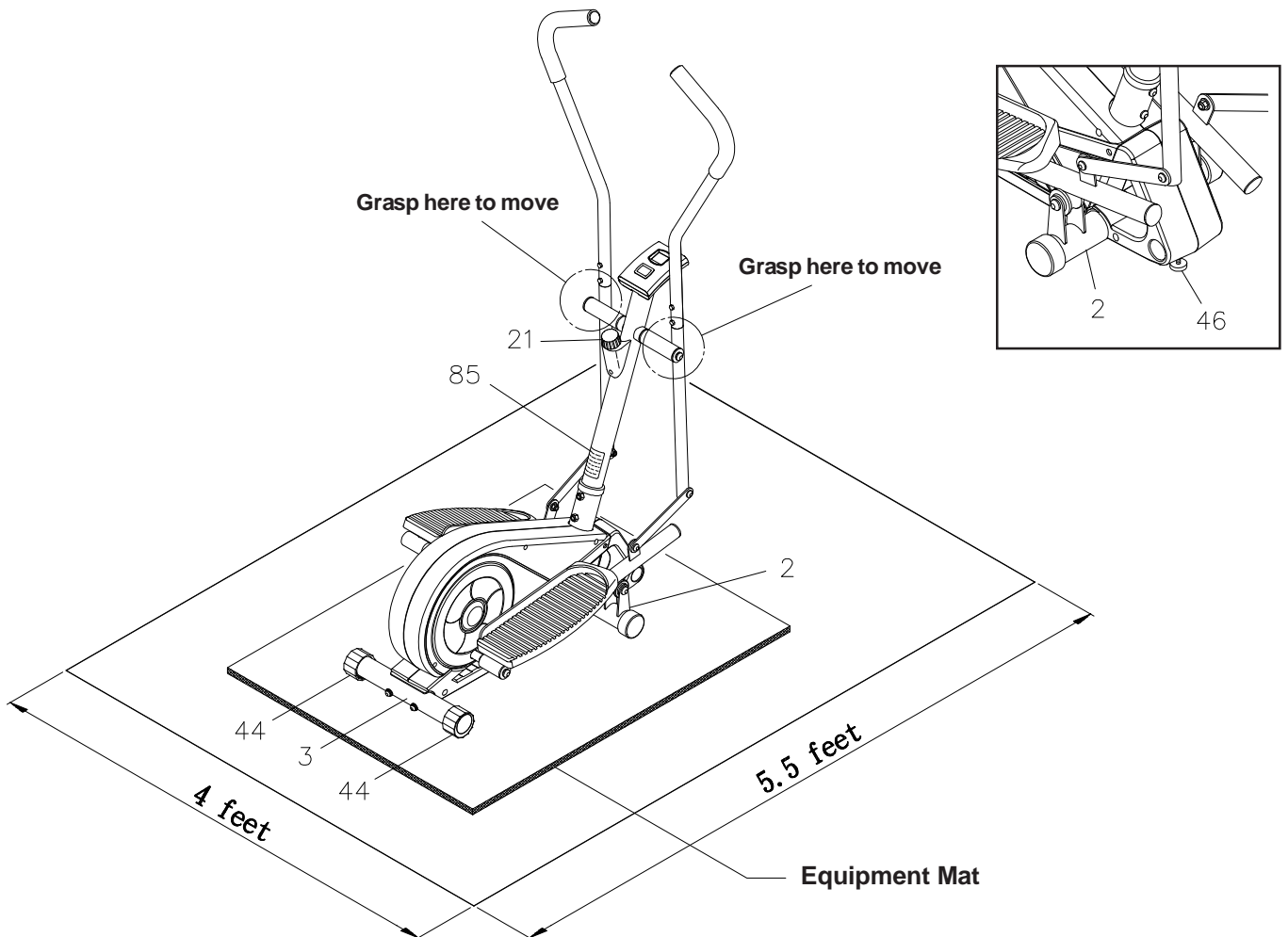
Install an **AAA** battery into the **METER(22)**. See page 12 for detailed battery installation instructions. Connect the **SENSOR WIRE(23)** to the **METER(22)**. Slide the **METER(22)** onto the bracket on the **UPRIGHT(6)**. **CAUTION:** Be careful not to damage the **SENSOR WIRE(23)** when sliding the **METER(22)**.

SET UP INSTRUCTIONS

Place the **SpaceMate® E300** in the area where it will be used. It is recommended that the **SpaceMate® E300** be placed on an equipment mat. The maximum operation dimensions of the **SpaceMate® E300** are approximately 34 3/4" long x 23 1/8" wide x 54 3/8" tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 5.5 feet long is required for safe operation of the **SpaceMate® E300**. Make sure that adequate space is available for access to and passage around the **SpaceMate® E300**.

- LEVELING:**
1. Adjust the **LEVELING CAPS(44)** on the **REAR STABILIZER(3)** so that the **SpaceMate® E300** sets on the floor without rocking.
 2. Adjust the **STAND(46)** on the **FRONT STABILIZER(2)** so that the stand touches the equipment mat or floor. Refer to the inset drawing.

MOVING: Grasp the pivot tubes on the **HANDLEBARS(81, 82)** and **REAR STABILIZER(3)** to move the **SpaceMate® E300**, two people are required for moving. Do not use the Pedal Arms to move the **SpaceMate® E300**. The Pedal Arms will move and may pinch your hand or fingers.



FUNCTION INSPECTION:

Visually inspect the **SpaceMate® E300** to verify that assembly is as shown in the above illustration. Check the function of the **SpaceMate® E300**. Stand on the foot pedals and place your hands at a comfortable position on the handlebars. Slowly move your highest foot forward and follow the natural path of the machine. Complete one full revolution slowly to verify that the drive train functions properly. Adjust the **TENSION KNOB(21)** and verify that it functions properly.

CAUTION: Locate and read the **WARNING LABEL(85)** on the **SpaceMate® E300**. Make sure that all users read the **WARNING LABEL(85)**.

OPERATIONAL INSTRUCTIONS

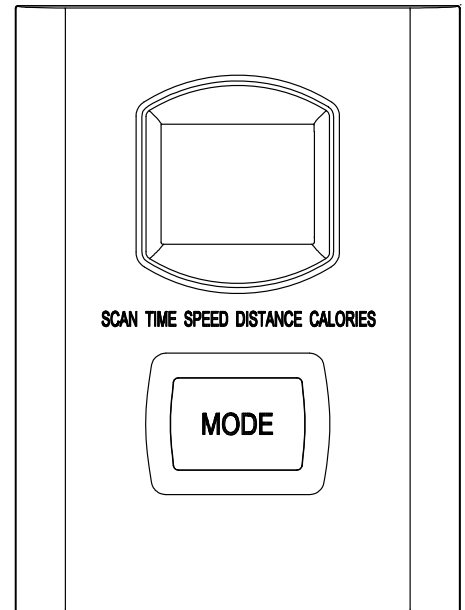
USING THE ELECTRONIC METER

POWER ON: Pedal movement or press the button.

POWER OFF: Automatic shut off after four minutes of inactivity.

FUNCTION BUTTON:

MODE: Press and release to select functions.
Press and hold for three seconds to reset all functions to zero.



FUNCTIONS:

SCAN: Automatically scans **TIME, SPEED, DISTANCE,** and **CALORIES** in sequence with a change every four seconds. Press and release the button until "**SCAN**" appears on the display.

TIME: Displays the time from one second up to 99:59 minutes.

SPEED: Displays the current speed from zero to 999.9 miles per hour.

DISTANCE: Displays the distance from zero to 999.9 miles.

CALORIES: Displays the calorie consumption from zero to 999.9 Kcal.
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

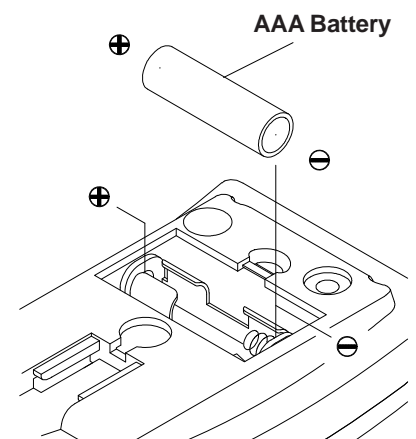
NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the button and hold it down for three seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERY:

1. Open the Battery Door on the back of the meter.
2. The meter operates with an AAA battery, included. Refer to the illustration to install or replace the battery.

NOTE:

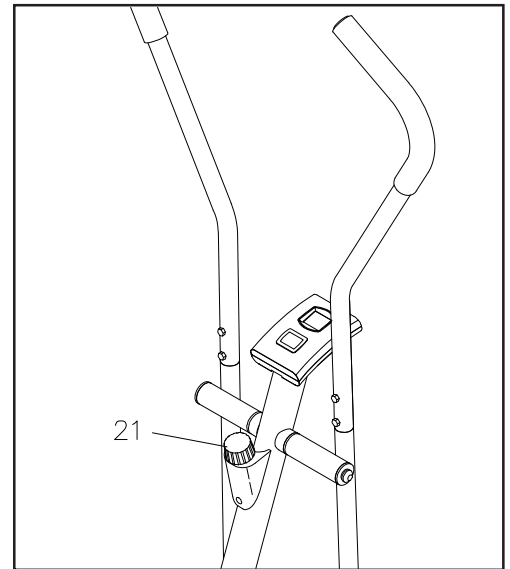
1. Rechargeable battery is not recommended.



OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(21)** clockwise.
To decrease the load, turn the **TENSION KNOB(21)** counterclockwise.



EXERCISE WORKOUT

To start using the **SpaceMate® E300** simply stand on the foot pedals with the fronts of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable start adjusting the load level to achieve the workout desired.

Forward and Reverse

The **SpaceMate® E300** can be used in the forward and reverse direction to vary the muscles that you work out. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

Load Level Adjustment

The load level of **SpaceMate® E300** can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

STORAGE

1. To store the **SpaceMate® E300** simply keep it in a clean dry place.
2. The minimum rest dimensions of the **SpaceMate® E300** are approximately 32 1/2" long x 23 1/8" wide x 54 3/8" tall. These dimensions may vary. Please measure your **SpaceMate® E300** if exact dimensions are needed.
3. Grasp the pivot tubes on the **HANDLEBARS(81, 82)** and **REAR STABILIZER(3)** to move the **SpaceMate® E300**, two people are required for moving. Do not use the Pedal Arms to move the **SpaceMate® E300**.
4. To avoid damage to the **METER(33)**, remove the batteries before storing the **SpaceMate® E300** for one year or more.

MAINTENANCE

The safety and integrity designed into the **SpaceMate® E300** can only be maintained when the **SpaceMate® E300** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(21)** and verify that the Flywheel System provides tension. The Flywheel System should provide many years of use.
2. Verify that the **WARNING LABEL(85)** is present and legible. Replace the **WARNING LABEL(85)** if it is missing or damaged.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Worn or damaged components shall be replaced immediately or the **SpaceMate® E300** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **SpaceMate® E300**.
6. Keep your **SpaceMate® E300** clean by wiping with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually, too, by monitoring your heart rate while you exercise.

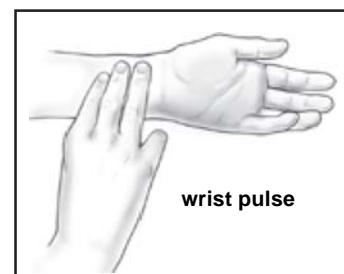
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

| Age | Target Heart Rate Zone (55%-90% of Maximum Heart Rate) | Average Maximum Heart Rate 100% |
|----------|---|------------------------------------|
| 20 years | 110-180 beats per minute | 200 beats per minute |
| 25 years | 107-175 beats per minute | 195 beats per minute |
| 30 years | 105-171 beats per minute | 190 beats per minute |
| 35 years | 102-166 beats per minute | 185 beats per minute |
| 40 years | 99-162 beats per minute | 180 beats per minute |
| 45 years | 97-157 beats per minute | 175 beats per minute |
| 50 years | 94-153 beats per minute | 170 beats per minute |
| 55 years | 91-148 beats per minute | 165 beats per minute |
| 60 years | 88-144 beats per minute | 160 beats per minute |
| 65 years | 85-139 beats per minute | 155 beats per minute |
| 70 years | 83-135 beats per minute | 150 beats per minute |

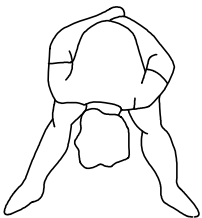
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

WARM-UP and COOL-DOWN

Warm-up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises



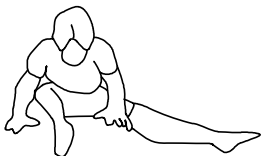
Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessen, try a lower position gradually.



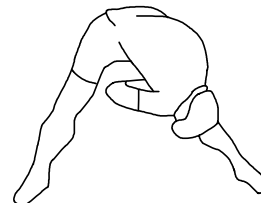
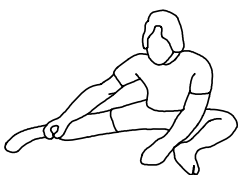
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember always to check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

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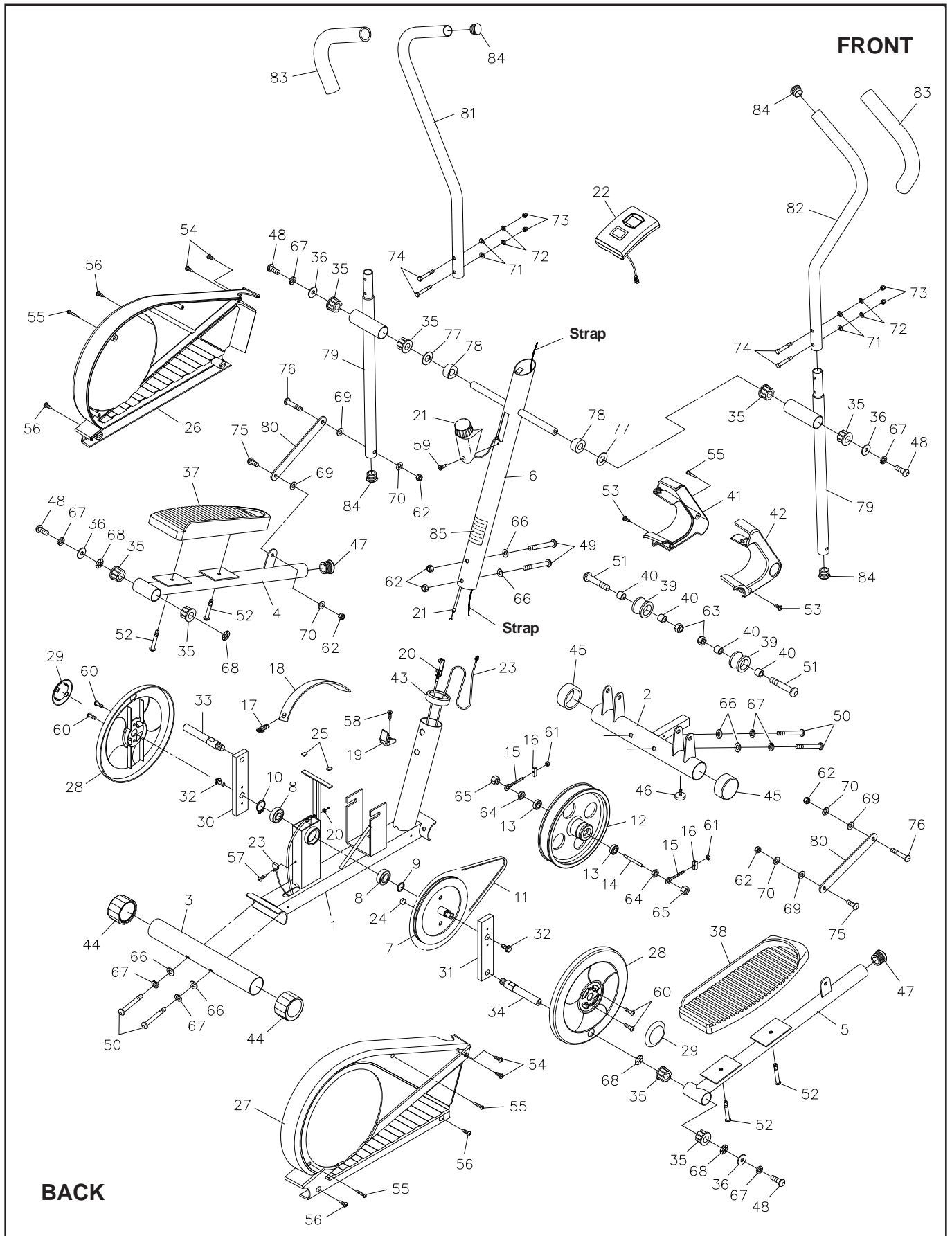
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PRODUCT PARTS DRAWING



PARTS LIST

| DIAGRAM# | PART NAME | QTY |
|----------|--|-----|
| 1 | Main Frame | 1 |
| 2 | Front Stabilizer | 1 |
| 3 | Rear Stabilizer | 1 |
| 4 | Left Pedal Arm | 1 |
| 5 | Right Pedal Arm | 1 |
| 6 | Upright | 1 |
| 7 | Pulley and Axle | 1 |
| 8 | Bearing (6003Z) | 2 |
| 9 | Bearing Washer (M17) | 1 |
| 10 | C Ring (17mm) | 1 |
| 11 | V Belt | 1 |
| 12 | Flywheel | 1 |
| 13 | Bearing (6900Z) | 2 |
| 14 | Flywheel Axle | 1 |
| 15 | Eyebolt | 2 |
| 16 | Tension Bracket | 2 |
| 17 | Tension Spring | 1 |
| 18 | Tension Strap | 1 |
| 19 | Buckle | 1 |
| 20 | Tension Cable | 1 |
| 21 | Tension Knob | 1 |
| 22 | Meter | 1 |
| 23 | Sensor Wire | 1 |
| 24 | Magnet | 1 |
| 25 | Foam Pad | 2 |
| 26 | Left Cover | 1 |
| 27 | Right Cover | 1 |
| 28 | Crank Disk | 2 |
| 29 | Disk Cap | 2 |
| 30 | Left Crank | 1 |
| 31 | Right Crank | 1 |
| 32 | Flange Bolt (M8 x 1.25 x 25mm) | 2 |
| 33 | Left Pedal Shaft (9/16" - 20, Left Hand Threads) | 1 |
| 34 | Right Pedal Shaft (9/16" - 20, Right Hand Threads) | 1 |
| 35 | Bushing | 8 |
| 36 | Large Washer (M8) | 4 |
| 37 | Left Pedal Cap | 1 |
| 38 | Right Pedal Cap | 1 |
| 39 | Roller | 2 |
| 40 | Spacer | 4 |
| 41 | Left Nose Cover | 1 |
| 42 | Right Nose Cover | 1 |
| 43 | Ring Cap | 1 |
| 44 | Leveling Cap (45mm) | 2 |
| 45 | Endcap (45mm) | 2 |
| 46 | Stand | 1 |
| 47 | Round Plug (32mm) | 2 |

PARTS LIST

| DIAGRAM# | PART NAME | QTY |
|----------|---|-----|
| 48 | Bolt, Button Head (M8 x 1.25 x 20mm) | 4 |
| 49 | Bolt, Button Head (M8 x 1.25 x 57mm) | 2 |
| 50 | Bolt, Button Head (M8 x 1.25 x 60mm) | 4 |
| 51 | Bolt, Button Head (M10 x 1.5 x 50mm) | 2 |
| 52 | Bolt, Round Head (M6 x 1 x 43mm) | 4 |
| 53 | Screw, Round Head (M4 x 12mm) | 2 |
| 54 | Screw, Round Head (M4 x 15mm) | 4 |
| 55 | Screw, Round Head (M4 x 25mm) | 4 |
| 56 | Screw, Round Head (M5 x 15mm) | 4 |
| 57 | Screw, Round Head (M5 x 15mm) | 1 |
| 58 | Screw, Flat Head (M5 x 15mm) | 1 |
| 59 | Screw, Flat Head (M5 x 0.8 x 15mm) | 1 |
| 60 | Screw, Round Head (M5 x 0.8 x 15mm) | 4 |
| 61 | Nut (M6 x 1) | 2 |
| 62 | Nylock Nut (M8 x 1.25) | 6 |
| 63 | Nylock Nut (M10 x 1.5) | 2 |
| 64 | Thin Nut (3/8" - 26 x 0.16" thick) | 2 |
| 65 | Nut (3/8" - 26 x 0.28" thick) | 2 |
| 66 | Arc Washer (M8) | 6 |
| 67 | Lock Washer (M8) | 8 |
| 68 | Wave Washer (ø16.5 x ø22.5 x 0.4mm Thick) | 4 |
| 69 | Plastic Washer (M8) | 4 |
| 70 | Washer (M8) | 4 |
| 71 | Arc Washer (M6) | 4 |
| 72 | Lock Washer (M6) | 4 |
| 73 | Acorn Nut (M6 x 1) | 4 |
| 74 | Bolt, Hex Head (M6 x 1 x 35mm) | 4 |
| 75 | Bolt, Button Head (M8 x 1.25 x 18mm) | 2 |
| 76 | Bolt, Button Head (M8 x 1.25 x 40mm) | 2 |
| 77 | Large Washer (M16 x 0.5mm thick) | 2 |
| 78 | Spacer | 2 |
| 79 | Pivot Arm | 2 |
| 80 | Linkage | 2 |
| 81 | Left Handlebar | 1 |
| 82 | Right Handlebar | 1 |
| 83 | Foam Grip | 2 |
| 84 | Round Plug (25.4mm) | 4 |
| 85 | Warning Label | 1 |
| 86 | Wrench | 1 |
| 87 | Allen Wrench (6mm) | 1 |
| 88 | Manual | 1 |

NOTES

